
FAYRASKA NIIL GALBEED WAR GUUD

S: Waa maxay fayraska Niil Galbeed?

J: Fayraska Niil Galbeed waa fayras ay sido kaneecadu oo sababi kara maskax barar (encephalitis) ama meninjatyis (meningitis) (oo ah barar ku dhaca dhahaadka maskaxda iyo xangulada).

S: Sidee baa Fayraska Niil Galbeed u fidaa?

J: Fayraska Niil Galbeed waxa uu bini'aadanka ku soo gaadhaa qaniinyada kaneeco cudurka qaaday. Kaneecadu waxay cudurka qaadaa marka ay qaniinto shimbir sida ama uu ku jiro fayrasku. Adiga iyo ilmahaagu kama qaadi karta fayraska Niil Galbeed qof qaba cudurka. Fayraska Niil Galbeed *kuma* fido xidhiidh ah qof-ka-qof sida taabasho, dhunkasho ama daryeelidda qof cudurka qaba.

S: Maxay Wasaarada Caafimaadka ee North Dakota sameysay si wax looga qabto fayraska Niil Galbeed?

J: Wasaaradda Caafimaadku waxay waday hawlo ah ilaalin oo loogu talogalay fayraska Niil Galbeed ilaa 1999. Ilaalintu waxay xoogga saartay afar kooxood oo muhiim ah: kaneeco, shimbiro, fardo iyo bini'aadan. Aaggaga gobolka ee lagu arkay fayraska, wasaaraddu waxay kordhin doonta hawlaha ilaalinta, oo ay ku qabashada iyo baadhitaanka kaneecada. Wuxuu taa weheliya dadaal waxbarasho oo xoogga saaraya joojinta qaniinyada kaneecada iyo soo-sheegista shimbiraha dhintay oo kor loo qaado. Ugu dambeyn, wasaaraddu waxay sii wadi doontaa inay bixiyayaasha daryeel caafimaad siiso war ku saabsan sida cudurku uu bini'aadanka u saameeyo.

S: Dadka waaweyni ma halis bay u sii yihiin fayraska Niil Galbeed?

J: Haa. Inkasta oo suurogalka in qofka uu ku dhaco fayraska Niil Galbeed ay aad u hooseyo, haddana xaaladaha dhacay intooda badani waxay ku dhaceen dad ka weyn 50 sannadood. Dadka ah da'daa, gaar ahaan waayeelka, aaya u badan inay yeeshaan cudur sii daran, sida maskax barar (encephalitis) ama meninjatyis (meningitis), haddii cudurku ku dhaco.

S: Halkee buu fayraska Niil Galbeed ka yimi?

J: Faafid ah fayraska Niil Galbeed waxa uu ka dhacay Afrika, Masar, Israa'iil, Aasiya, Romaaniya, Raashiya iyo Faransiiska. Hase yeeshe, ka hor 1999 fayraska Niil Galbeed marna lagama helin labada qaaraadood ee Ameerika. Hal sharaxaad oo suuropgal ahaan sharixi karta aragga cudurka halkan lagu arkay waxay noqon kartaa shimbir ama kaneeco cudurka qabta oo loo soo dhoofiyay wadanka Maraykanka.

S: Si toos ah fayraska Niil Galbeed ma uga qaadi kartaa shimbiraha?

J: Wakhtigan lama hayo wax marag-kac ah oo sheegaya in fayraska Niil Galbeed si toos dadka kaga soo fidi karo shimbiraha. Hase yeeshee, shimbiraha dhintay waxay sidi karaan noocyoo kala duwan oo ah cuduro, sidaa daraadeed, waa inaan marnaba lagu taaban gacmo qaawan. Iisticmaal gacmo-galisyo si aad shimbiraha dhintay ugu rido baco laba isku jira ah ka dibna aad ugu dartid qashinka dibadda yaalla.

S: Kaneecada ka sokow, fayraska Niil Galbeed si toos ma uga qaadi kartaa cayayaanka kale ama shilinta?

J: Kaneecada cudurka qabta ayaa ah isha koobaad ee laga helo fayraska Niil Galbeed. Ma jiro marag-kac tilmaamaya in shilinta ama cayayaanka kale ay tabiyaan fayraska Niil Galbeed.

S: Waa maxay calaamadaha fayraska Niil Galbeed?

J: Dadka intooda badan ee uu soo gaadhay fayraska Niil Galbeed ma laha calaamado ama waxay isku arkaan jiro khafiif ah sida qandho, madax-xanuun iyo xanuun jidhka ah ka hor intaanay si buuxda u bogsan. Waxa kale oo laga yaabaa in dadka qaarkii ay yeeshaan finan khafiif ah ama qanjidho bararay. Dadka qaarkii, gaar ahaan waayeelka, fayraska Niil Galbeed waxa uu ku ridi karaa cudur saameeya maskaxda. Marka uu ugu sii daran yahay, waxa uu keeni karaa dhaawac dareemeyaasha ah oo joogto ah oo geeri keeni kara. Calaamadaha maskax bararka (encephalitis) waxa ka mid ah madax-xanuun dhaqso u yimaada, qandho sare, qoor adag, dawakh, miyirka oo luma (kooma) ama tabar-dari muruqyada ah, waxana laga yaabaa inuu geeri keeno.

S: Uurka haweenay ma halis buu ku jiraa haddii uu ku dhaco fayraska Niil Galbeed?

J: Ma jiro marag-kac cad oo tilmaamaya in haweenayda uur leh ama ilmaheedu halis dheerad ahi u imanayso haddii uu ku dhaco fayraska Niil Galbeed.

S: Sidee baa loo daweyya maskax bararka fayraska Niil Galbeed?

J: Ma jirto daweyn gaar ah. Xaaladaha sii daran, waxa lagu taliyaa in la siiyo daweyn taageero ah oo siyaado ah; sida cisbitaal dhigid, dheecaano laga siiyo faleebo (IV) iyo nafaqo, marinada hawada oo laga shaqeeyo, taageero neefsashada ah (mishiinka neefsashada) haddii loo baahdo, ka-hortagga cudurada labaad (sida nuumooniya ama oof-wareenka, cudurada marinka kaadida, iwm.), iyo daryeel kaalkaalin oo wacan.

S: Ma jiraa talaal lagaga hortago fayraska Niil Galbeed?

J: Ma jiro talaal bini'aadanka loogu talogalay oo ka hortaga fayraska Niil Galbeed. Waa in mulkiileyaasha farduhu la xidhiidhaan dhakhtarkooda xoolaha si ayogaadaan war ku saabsan talaal loo heli karo fardaha.

S: Mudo intee leeg ayay qaadataa in qofku jirado haddii ay qaniinto kaneeco?

J: Qasab ma aha in qaniinyada kaneeco qabta cudurka ay jiro kugu rido. Dadka intooda badan ee uu soo gaadhay fayraska Niil Galbeed ma laha wax ah calaamado ama waxay isku arkaan jiro khafiif ah kaliya. Haddii qofka jiro ku dhacayso, waxay ku dhacdaa gudaha saddex ilaa 15 cisho gudahood ka dib marka ay kaneeco cudurka sidaa qofka qaniintay.

S: Maxaan sameeyaa haddii aan u malaynayo inaan qabo maskax bararka (encephalitis) Niil Galbeed?

J: Haddii aad yeelatid calaamadaha maskax bararka (sida qandho, tabar-dari muruqyo iyo/ama dawakh) waa inaad isla markiiba raadsatid daryeel caafimaad.

S: Maxaan sameyn karaa si aan u yareeyo halista iiga iman karta fayraska Niilka Galbeed?

J: Laga bilaabo Bisha Shanaad ilaa Bisha Sagaalaad, oo ah xilliga ay kaneecadu ugu firfircoontahay, qaad taxadirka soo socda:

- *Haddii dibadda la joogayo laga bilaabo qorrax-dhaca ilaa waaberiga oo ah wakhtiga ay kaneecadu ugu firfircoontahay, ama inta lagu jiro maalinta haddii goobtu tahay meel leh geed-hoosaad, caws dhaadheer ama geedo gaagaaban, waa in dadku xidhaan dhar badbaadin lahe – sida surwaalo dhaadheer; shaadhadh gacmo dhaadheer oo nafis ah; iyo sharabaado ama iskaalsho – waana in laga fiirso isticmaalka cayayaan erye ay ku jirto DEET.*

Alaabta ay ku yar tahay DEET waxay ku haboon yihiin meelaha soo-gaadhista kaneecadu yar tahay. Alaabta ay ku badan tahay DEET waxay faa'iido ku leeyihiin meelaha kaneecadu ku badan tahay ama noocyada kaneecada ee si fudud aan loo eryi karin. Waxa la muujiyay in qadar DEET oo ah boqolkii 30 ay xamili karaan

dadka waaweyn iyo caruurtu. *Markii ay haboon tahay, isku day inaad isticmaashid siyaabo aan kiimiko ahayn oo aad iskaga duweysid cayayaanka wax qaniina sida adiga oo gashada dhar badbaadin leh* (sida kuwa kor lagu sheegay), shabag daaqadda iyo albaabada lagu sameeyo, maro-kaneeno la gashan karo marka miyiga loo baxo.

- **Marka aad isticmaalaysid DEET raac fariimaha isticmaalka ee ku dul qoran ee u sheegay warshadluhu .**
- *Ku kaydi DEET meel aanay caruurtu ka tiigsan karin.*
- *Taxadir yeelo marka aad cayayaan erye ay ku jirto DEET ku isticmaalaysid caruurtu.*
- *Si toos ah caruurtu ha u marin DEET. Marka hore mari gacmahaaga ka dibna mari ilmaha.*
- *Ha marin gacmaha, agagaarka indhaha iyo afka caruurtu yaryar.*
- *Ha u oggalaan caruurtu inay iyagu is mariyaan cayayaan eryaha.*
- *Iyadoo taasi la mid tahay sida laga yeello guud ahaan soo-gaadhista kiimikada, dumarka uurka lihi waa inay iska ilaaliyaan soo-gaadhista cayayaan eryeyaasha markii ay suuragal tahay.*
- *Dhamaan maqaarka iyo dharka la mariyay ku maydh saabuun iyo biyo ka dib marka aad dibadda ka soo noqotid.*
- *Marna cayoyaan eryaha ha marin ama ha taabsiin meello jeexan, dhaawaca ama maqaarka xajiimobay.*
- *Iyadoo ay ku xidhan tahay qadarka DEET ee ku jira cayayaan eryaha, waxay waxtr leedahay qiyaastii saddex ilaa lix saacadood. Iska ilaali inaad DEET isticmaashid mudo dheer ama si xad dhaaf ah u isticmaashid. Si khafiif ah u isticmaal si aad u gaadhsiisid maqaarka aan daboolnayn iyo dharka. Ha marin maqaarka u daboolay dharku.*
- *Lama xaqiijin in fitamiinka B, qalabka dhawaaq-hooseeya leh ‘ultrasoni’ iyo fooxu nay waxtar ka leeyihii joojinta qaniinyada kaneecada.*

S: Maxaan ka sameyn karaa agagaarka gurigayga si aan u yareeyo soo-gaadhista kaneecada?

J: Kaneecadu waxay ukuntooda dhigaan biyaha jooga ama aayar socda (sida illiladaha). Geedaha yaryar, cawska iyo geed-gaabka aaya kaneeecada u noqda guri dibadda ah. Waxay guryaha ka soo gali karaan daaqadaha ama albaabada aan shabaglahayn, ama shabagga jeexan.

- *U hubso in albaabada iyo daaqaduhu ay leeyihii shabag si wacan u leeg. Hagaaji ama beddel dhamaan shabagga leh jeex ama godad.*
- *Ka qaad dhamaan taayirada la tuuray gurigaaga.*
- *Iska fogee qasacadaha, weelka caagga ah, dheriyada dhoobada ah, ama weelka kale ee biyaha xejiya.*
- *U hubso in maja-roorka saqafku si wacan biyaha u kaxeyyo. Maja-roorka guseysan nadiifi guga iyo dayrta.*
- *Nadiifi oo ku shub kalooriin barkadaha dabaasha, soonaha ‘sauna’ iyo saxanka maydhashada ee dibadda kuu yaalla. Haddii aan la isticmaalin, ka dhig kuwo madhan oo daboolan.*
- *Ka sii daa biyaha daboolka barkadda.*
- *Beddel biyaha ku jira weelka maydhashada shimbiraha saddexdii ilaa afartii cisho.*
- *Gambi barkadaha caagga ah ee gaaban iyo kaariyooneyaasha marka aan la isticmaalaynin.*
- *Sii daa ama saar wixii ah biyo jooga ee ku urursan gurigaaga.*
- *Xusuusi ama ka caawi jaarka ama dariska inay baabi’iyaan goobaha ay ku taranto kaneecadu ee ku yaalla guryahooda.*

S: Haddii aan ku noolayahay aag shimbiro ama kaneeco leh fayraska Niil Galbeed laga soo sheegay oo kaneeco i qaniintay, ma waxay u badan tahay inaan jiran doono?

J: Marag-kaca jiraa waxa uu tilmaamaya in suurogalka cudur bini’aadanka ku dhaca oo ka imanaya fayraska Niil Galbeed uu aad u yar yahay. Dadka ka weyn 50 jir, gaar ahaan waayeelka, aaya ah kuwa u badan inay si culus u jiradaan waana inay yeeshaan taxadir dheeraad ah si ay uga hortagaan qaniinyada kaneecada.

S: Waxa i qaniintay kaneeco. Ma waxay tahay in la iga baadho fayraska Niil Galbeed?

J: Maya. Wali cudurka lala xidhiidhay qaniinyada kaneecadu ma badna. Hase yeeshay, waa inaad isla markii u tagtid dhakhtar haddii aad yeelatid calaamadaha ay ka mid yihiin qandho sare, dawakh, tabar-dari muruqyada ah, madax-xanuun daran, ama qoor adag ama haddii indhahaagu dareen siyaado ah u yeeshaan iftiinka. Bukaanka leh calaamado khafiif ah si buuxda ayay u bogsan doonaan umana baahna daweyn gaar ah ama baadhitaan shaybaadh.

S: Ma waxay tahay inaan shimbiraha dhintay u soo sheego wasaaradda caafimaadka?

J: Dadka arka shimbiro jiran ama dhintay waxa laga codsanaya inay u soo sheegaan xafiiska caafimaadka ee degmadooda, dhakhtarka xoolaha ama sarkaalka beeraha; Wasaaradda Ugaadha iyo Kaluunka ee North Dakota (North Dakota Game and Fish Department); Adeegga Ugaadha ee Maraykanka (U.S. Wildlife Service); Wasaaradda Caafimaadka ee North Dakota (North Dakota Department of Health).

S: Waa maxay macnaha haddii faras laga helo fayraska Niil Galbeed?

J: Haddii faras aan dhawaan degmada laga kaxeyn laga helo fayraska Niil Galbeed, macnaheedu waxa weeye fayrasku waxa uu ku jiraa kaneecada iyo shimbiraha degmada. Dhamaan gobolada soo sheegay fayraska oo laga helay fardaha ma laha dad laga helay fayraska.

S: Sidee baa fayras Niil Galbeed oo laga helay faras u saameyn karaa bini'aadanka?

J: Gobolada inta badan ee soo sheegay dhacdooyin fardaha la xidhiidha waxa kale oo ay soo sheegeen dhacdooyin la xidhiidha bini'aadanka. Fardaha waxa laga soo qaaday inay yihiin "ma gudbiyeyaal" marka la eego gudbinta fayraska Niil Galbeed. Taa macnaheedu waxa weeye, cudurka uma gudbin karaan bini'aadanka ama xayawaanka kale, isla markaana uma eeka in kaneecadu cudurka ka qaadi karto faras.

Wixii ah war dheeraad ah, wac North Dakota Department of Health (Waasaaradda Caafimaada ee Waqooyiga Dakota) oo leh lambarka 701.328.2378.